

GREEN LAKE



SEATTLE PARKS
AND RECREATION

Complex SUMMER 2003

Green Lake Complex

7201 East Green Lake
Drive North
Seattle, WA 98115
(206) 684-0780

Evans Pool

(206) 684-4961

Green Lake Complex

Program Registration

Begins June 19, 2003

Program Dates

June 23-August 31, 2003

Holiday Closures

Independence Day, July 4, 200

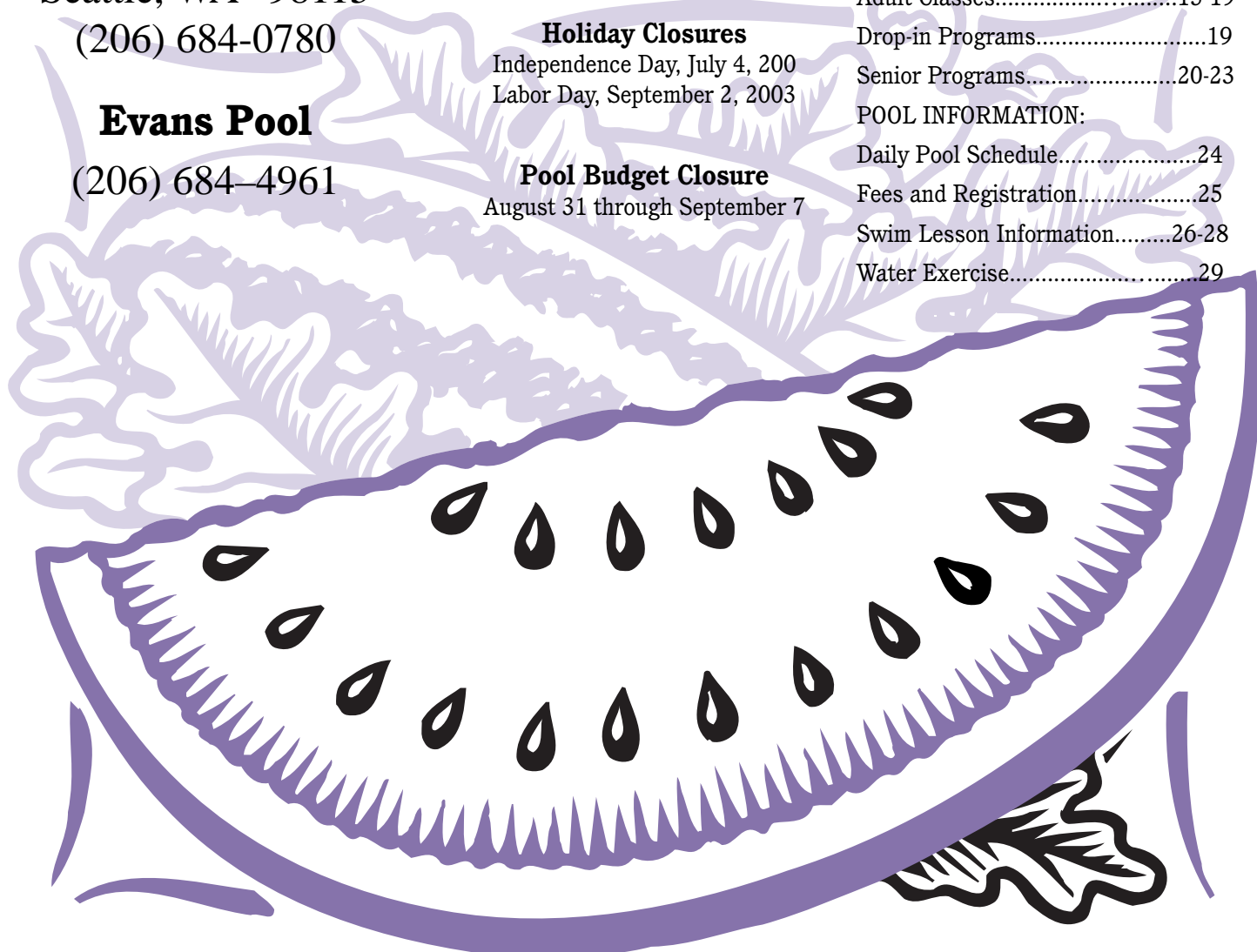
Labor Day, September 2, 2003

Pool Budget Closure

August 31 through September 7

Contents

Toddler/Preschool.....	4
Youth Classes.....	5-8
Teen Classes/Programs	8-14
Adult Classes.....	15-19
Drop-in Programs.....	19
Senior Programs.....	20-23
POOL INFORMATION:	
Daily Pool Schedule.....	24
Fees and Registration.....	25
Swim Lesson Information.....	26-28
Water Exercise.....	29



Green Lake Complex Information

COMMUNITY CENTER ACTIVITY REGISTRATION

In person registration begins Tuesday, June 10th, 2003 at 1:00 pm. Phone in registration will be accepted after 12 noon on Wednesday, June 4th, 2003. Mail in registration will be processed the following business day unless otherwise noted. Most classes begin the week of June 23rd, 2003. Class listings will show a minimum number and maximum number for each class. Minimum number must be met for each class in order for that class to start. Maximum number is the total number of students allowed for each class.

CENTER HOURS OF OPERATION

Mon/Friday	1:00 PM - 9:00 PM*
Tue/Wed/Thurs.	11:00 PM - 9:00 PM*
Saturday	10:00 AM - 5:00 PM*
Sunday	12:00 PM - 5:00 PM*

*Due to increased utility costs and a reduction in City revenues, Seattle Parks and Recreation has had to reduce the community centers hours of operation in 2003. HOLIDAYS Green Lake/ Evans Pool Recreation Complex will be closed on the following Holidays:

Memorial Day.....May 26, 2003
Independence Day.....July 4, 2003

Directions

The Community Center and Pool are located on E Green Lake Dr N & NE 72nd St.

Heading North on I-5:

- Take the 65th St./ Ravenna Blvd. exit
- Turn left on 65th St. heading west
- Bear right on NE Ravenna Blvd. heading north-west for .3 miles
- Bear right on E. Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

Heading South on I-5:

- Take the NE 70th St. exit
- Turn right onto NE 70th St.
- Continue on NE 70th St. heading west until you reach Green Lake Dr. N.
- Turn right onto Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

MANAGEMENT STAFF

Ken Bounds..... Superintendent
Christopher Williams..... Recreation Director
Maureen O'Neill.....North Division Manager
Kathy Whitman.....Aquatic Manager

CENTER STAFF

Jeff Skinner.....Recreation Coordinator
Marlan Teeters..... Asst. Recreation Coordinator
Monica Wort..... Teen Development Leader
Jayla McGill..... Senior Programmer
Joanna Li.....Recreation Attendant
Jasen Thomas.....Recreation Attendant
Mike Chapman.....Building Maintenance (AM)
Albert Cain.....Building Maintenance (PM)
Ryan Manning..... Morning Supervisor

EVANS POOL STAFF

Steve Vela..... Aquatic Center Coordinator
Donna Sammons..... Asst. Aquatic Center Coordinator
Zakariya Palsha..... Sr. Lifeguard
Ken Anderson.....Pool Operator

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Scholarships

Scholarships are available at each of our facilities. It is our goal to provide quality programs that are accessible to all citizens. For application information please contact each facility directly.

Interested In Teaching?

We are always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill or knowledge you would like to share with others in a class or workshop format, please contact the each facility coordinator.



Anti-discrimination Policy

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

ADA Compliance

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 233-7061 or TDD 206-386-1921. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

Please pick up a copy of our facility rental brochure.

For More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters and scheduling, please call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and about programs for special populations, please call 206-684-4950.

Payment

You may pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, Mastercard and American Express. Please make checks and money orders out to each facility. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$25 fee.

Fees And Charges

Aquatic programs are provided by Seattle Dept. of Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Adult Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 years and older are not charged this user fee. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Any person who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start, may receive a refund minus a service charge.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before it starts will receive no refund.
- Please read the entire policy, available upon request, for specific information.

Waiting Lists

We will create waiting lists for all filled classes. Be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact the specific facility for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, it will be cancelled. We will notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, it will be cancelled.

Confirmation

We do not confirm class registration by mail or phone, but will notify you by phone if your class is postponed or cancelled.

2003 Budget: What It Means For Your Community Center

The City of Seattle anticipates bringing in \$63 million less in revenues in 2003 than in 2002. This has resulted in almost \$5 million of cuts in Seattle Parks and Recreation budget. As a result of these reductions, your community center will be open fewer hours per week.

Beginning January 2, 2003, basic operating hours for the center will be 1p.m. to 9p.m. Each center will also be open an additional six hours (to be determined) on weekday mornings, and will continue to be open 10 a.m. to 5p.m. on Saturdays in the fall, winter and spring. The center is available beyond these hours on a prearranged fee basis.

Toddlers: Kiddie Gym

Playspace & Other Drop In Activities

Babysitting

\$4 per hour per child

Drop off your child while you run the lake, participate in exercise classes or just need some time to yourself.

Registration and payment must be made in advance. Please do so by stopping by or calling the Green Lake Community Center at 684-0780.

Instructor: Nadia Bekker

Ages: 6 mo. to 5 years

Location: Play Center

Monday, Wednesday, Friday Weekly
9:30 a.m.-1:30 p.m.

Beginning June 1st

Play and Learn Preschool

Cost: \$25 deposit for new students

T/Th \$97+\$5 supply fee = \$102.00/month

M/W/F \$122+\$5 supply fee = \$127.00/month

\$5.00 Discount per month on second child.

Your children will have fun socializing with friends, playing and learning in a child centered environment. Activities will include arts and crafts, imaginative play, construction, large and small muscle development, coordination, music and movement. There will be an orientation for parents wishing to continue the problem solving approach to behavior and learning with their children at home. For more information about the Play and Learn Preschool, please call Eleanor at (206) 789 - 7643. This class is year round, with no breaks. Parents Provide Snack.

MORNINGS

Ages: 2 1/2 - 4 yrs. on Tue./Thurs.

3 1/2 - 5 yrs. on Mon./Wed./Fri.

Time: 9:30 am - 12:00

Instructor: Eleanor Reynolds

TWTF 9:30 a.m.-12 p.m.

June 2,2003-September 30,2004

Toddler Play Center

Cost: \$2/per child/Drop-In

Annual Pass \$50.00

It's FUN TIME every day in the Children's Play Center at Green Lake Recreation Complex. There are many toys for children including climbing frames, see - saws, learn to walk bikes, play houses, blocks, cars, trucks, dolls, and buggies. What a great way for your child to learn and socialize with other children. New toys are added each year.

***Parental Supervision Required**

Please use upstairs lobby area to eat your snacks.

Monday/Friday 1:00-8:30 pm

Tuesdays/Wednesday/Thursday 11:00-8:30 pm

Saturday 10:00 am-4:00 pm

Sunday 12:00 pm-3:30 pm

Ages: 5 and Under

Daily Monday-Sunday Ongoing



Green Lake Community Center Toddler Play Center Opening Hours

Monday & Friday 1:00 p.m.-8:30pm

Tues,Wed, Thu 11:00 a.m. -4:30 p.m.

Saturday 10:00 a.m. -4:30 p.m.

Sunday 12:30 p.m.-3:30 p.m.



Kids

Performing Arts & Dance

Drama Camp-Improv

\$85

Green Lake Community Center in cooperation with the Seattle Public Theater presents a series of Drama Camps for youth. Participants will engage in many age appropriate activities to facilitate and develop budding interests in theater.

Instructor: Various

Ages: 9 to 12

Daily M-F 9:30 a.m.-12:30 p.m.

July 21-July 25

Drama Camp-Shipwrecked Fairy Tales

\$85

Instructor: Various

Ages: 5 to 8

Daily M-F 9:30 a.m.-12:30 p.m.

July 28-August 1

Drama Camp-Wizards Of Green Lake

\$85

Instructor: Various

Ages: 5 to 8

Daily M-F 9:30 a.m.-12:30 p.m.

July 14-July 18



Arts: Visual/Crafts

Adult & Child Clay Class Session 1

\$60

This is a class where a child and an adult can share together the fun of creating with clay. We will do three projects over the quarter working both together and independently. Join us for this creative and entertaining class. Dress Grubby!!

Min 4/Max 6

Instructor: Faye Baker

Ages: 3 to 11 years old

Mondays 6:30 p.m.-7:45 p.m. June 30-July 21

Adult & Child Clay Class Session 2

\$60

Instructor: Faye Baker

Ages: 3 to 11 years old

Mondays 6:30 p.m.-7:45 p.m.

August 18-September 15

Parent & Child Art Play Group

\$90

Children will explore basic art concepts, develop manual coordination, and enhance social skills through

songs, games, and projects. Parents will support their child in this early group experience, while nurturing their own ability to act as their child's educator.

*Please bring a sack lunch to each class.

Min 8/ Max 10

Instructor: Chraci Thadeus

Ages: 2 to 3 years old

Location: Room 1

Thursdays 11:30 a.m.-1:30 p.m. July 3-August 14

Kids Pottery Classes (continued)

Pottery - Fun With Clay Session 1

\$50.00

Pottery is an exciting and creative art experience for kids. This class is designed to give kids some basic skills in building objects out of clay using pinch, coil and slab construction. We do many fun projects, such as teapots, bowls, and animal cups, while experimenting with textures, glazes, and more. Each new quarter brings new and exciting projects so that both new and continuing students are welcome. Min 4/Max 8

Instructor: Faye Baker

Ages: 5 to 7 year olds

Location: Pottery Studio

Mondays 4 p.m.-5 p.m. June 30-July 21

Pottery - Fun With Clay Session 2

\$50.00

Instructor: Faye Baker

Ages: 5 to 7 year olds

Location: Pottery Studio

Mondays 4 p.m.-5 p.m.
August 18-September 15

Pottery - Kids (Session 1)

\$44.00

Come and be creative! Learn the basic skills of building objects out of clay. Techniques used are pinch, coil and slab construction. Make objects such as teapots, bowls, and animals. Each quarter brings new and exciting projects, so both new and continuing students are welcome. Min 4/Max 8

Instructor: Faye Baker

Ages: 8 to 10

Mondays

5 p.m.-6 p.m. June 30-July 21

Pottery - Kids (Session 2)

\$44.00

Come and be creative! Learn the basic skills of building objects out of clay. Techniques used are pinch, coil and slab construction. Make objects such as teapots, bowls, and animals. Each quarter brings new and exciting projects, so both new and continuing students are welcome. Min 4/Max 8

Instructor: Faye Baker

Ages: 8 to 10

Session: August 18 – September 15

Time: 5p.m. – 6p.m. Mondays

Pottery - Preschool

\$45.00

Pottery is an exciting and creative art experience for kids. This class is designed to give kids some basic skills in building objects out of clay using pinch, coil and slab construction. We do many fun projects, such as masks, bowls, and animal cups, while experimenting with textures, glazes, and more. Each new quarter brings new and exciting projects so that both new and continuing students are welcome.

Min 4/Max 8

Instructor: Elizabeth Blaufuss

Ages: 3 to 5

Location: Pottery Room

Mondays 11 a.m.-11:45 a.m.

July 7-July 28

Athletics

Little Camps Basketball

\$50.00

Min 4/Max 10:

The little people get to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically a whole lot of FUN!

Instructor: Jasen Thomas

Ages: 4 to 6

Location: GYM

Saturdays 10 a.m.-11 a.m.

July 12-August 9

Youth Athletics (continued)

Green Lake Summer Soccer Camp

\$75.00

Your week @ Green Lake Summer Camp will include: soccer technique and tactics, fitness and conditioning – the fun soccer way, small sided games, team building activities, goal-keeping, Camp Cup and closing ceremony (parents encouraged to attend)!

Instructor: Beatrice Ryan

Week 1 Ages: 6 to 8

MTWTF 2 p.m.-5 p.m.

July 7-July 11

Week 2 Ages: 9 to 11

MTWTF 2 p.m.-5 p.m.

July 14-July 18

Week 3 Ages: 4 to 5

MTWTF 2 p.m.-5 p.m.

July 21-July 25

Week 4 Ages: 6 to 8

MTWTF 2 p.m.-5 p.m.

July 28-August 1

Week 5 Ages: 9 to 11

MTWTF 2 p.m.-5 p.m.

August 4-August 8

Week 6 Ages: 9 to 11

MTWTF 2 p.m.-5 p.m.

August 11-August 15

Life Long Learning & Career Development

KIN OLLIN

Program in the Arts and Language of Spain and Latin America

\$60

Children will learn Spanish and arts through a variety of hands-on workshops. The skills learned in the workshops throughout the program will be integrated into a final presentation (i.e. a puppet show, play, or exhibition, etc.) where students will work together to share their new art and language skills with family and friends.

Min 8

Days: M, W, F

Instructor: Patricia S. Barron

Camp Ages: 6 to 12

Location: Game Room

3:30 p.m.-6 p.m. July 7-July 11

3:30 p.m.-6 p.m. August 4-August 8



Martial Arts

Tae Kwon Do Intermediate/ Advanced

\$45.00

Tae Kwon Do is a Korean Martial Art which teaches self defense while nurturing mental discipline, self - confidence and self - control. Students are instructed in stances, kicking, striking, blocking, sparring and pre - arranged forms. Students in the Intermediate and Advanced classes will be required to provide their own sparring equipment.

Instructor: Stuart Hamilton

Ages: 7+ Open to orange belts & above

Location: Room 1

Monday, Thursday Weekly

4 p.m.-4:45 p.m.June 2-September 29

Tae Kwon Do Beginning

\$42.00

Tae Kwon Do is a Korean Martial Art which teaches self defense while nurturing mental discipline, self - confidence and self - control. Students are instructed in stances, kicking, striking, blocking, sparring and pre - arranged forms. Students in the Intermediate and Advanced classes will be required to provide their own sparring equipment.

Instructor: Stuart Hamilton

Ages: 5 + Open to any rank

Location: Room 1

Tuesday, Thursday Weekly

4 p.m.-4:45 p.m.June 3-September 30

DropIn Classes

Game Room

Free

Ping Pong, Pool and Foosball tables are available for check out at the front desk. Each Table can be check out with a Washington or Student ID. The games are absolutely FREE to use.

Saturdays 10 a.m.-4:30 p.m.

January 1-December 31

Sundays 12 p.m.-4:30 p.m.

January 1-December 31

Daily M-F 1 p.m.-8:30 p.m.

January 1-December 31

Story Time

Free

Come join Children's Librarian Esther Meyers for story time while the Green Lake Library is close. Toddlers ages 18 mo. to 3 yrs will participate in activities such as stories, action rhymes and music.

Preschoolers ages 3 yrs to 5 yrs will participate in activities such as stories, action rhymes, music and crafts.

18 m to 3 yrs. Time: 10:00-10:45 am

3-5 yrs Time: 11:00-11:45 am

Instructor: Esther Myers

Location: Hall Outside Play Center

Wednesdays

June-September





Youth/Teens

Athletics

Tennis for Youth Beginning

\$85

Youth ages 9-17 are encouraged to sign up for tennis. Classes will cover serving, scoring, back hand and forehand swing. Instructor Craig Yahne is a member of the United States Tennis Association and a professional tennis player. He won the Avanti Championship in 2000 in the singles event.

****Students need to provide their own racket and one can of new tennis balls.**

Min 4/Max 12

June Session: 6/3/03 to 6/26/03

July Session: 7/1/03 to 7/31/03

August Session: 8/4/03 to 8/28/03

September Session: 9/2/03 to 9/30/03

October Session: 10/2/03 to 10/30/03

Instructor: Craig Yahne

Ages: 9 to 17 years old.

Location: Outdoor Tennis Courts

Tuesday, Thursday Weekly 5 p.m.-6:30 p.m. May 6-October 30



Tennis for Youth-Intermediate

\$85 per Month

Youth ages 9-17 are encouraged to sign up for tennis. Classes will cover serving, scoring, back hand and forehand swing. Instructor Craig Yahne is a member of the United States Tennis Association and a professional tennis player. He won the Avanti Championship in 2000 in the singles event. ****Students need to provide their own racket and one can of new tennis balls.**

Min 4/Max 12

Instructor: Craig Yahne

Ages: 9 to 17 years old

Location: Outdoor Tennis Courts

Tuesday, Thursday Weekly 6:30 p.m.-8 p.m. May 6-October 30



Youth/Teens (continued)

Clubs

Green Lake Teen Council

Free

The goal of the Teen Council is to involve youth in planning teen programs and activities for our community. The mission is to have youth implement their ideas and opinions through the six core developmental assets: environmental education and stewardship, arts and culture, life skills and job readiness, social recreation, citizenship and leadership development, sports and fitness. All time served on Teen Council will count toward your service learning hours. We are looking for dedicated teens who want to get involved!!

Instructor: Monica Wort

Ages: 11 to 19 years old

Location: Room 3

Fridays 5:15 p.m.-6 p.m.

Late Night

Teen Night

Free

Every Friday night we have FREE activities for teens 11-19 years old. You do not have to be a part of the Teen Program to come! !!! Green Lake Teen Advisory Council will be planning 'fat' Fridays, such as bingo night, field trips, and dances, come be a part of the decision. Advisory Council hours count towards your service learning hours.

6:30-8:00 Movie and Snacks

8:00-9:00 Free Swim at Evans Pool

6:00-9:00 Game Room

7:00-9:00 Open Gym

5:15-6:00 Teen Council Meeting.....Help plan a fat Friday activity 1st and 4th Friday of the Month.

Instructor: Green Lake Staff

Ages: 11 to 19 years old, Orange Teen Event Card Required

Location: Green Lake CC

Fridays 6 p.m.-9 p.m.

June 30-September 5

Martial Arts

Axé Capoeira

\$35.00/Per Month

Brazilian Martial Art Classes

Capoeira is a martial art created by slaves in Brazil over 400 years ago. Its elements of ritualized combat weave together in an intricate dialogue of movements combined with aspects of dance, amazing acrobatics, and self-defense. Capoeira teaches discipline, coordination, flexibility, and self confidence.

Visit www.axeseattle.com

Instructor: Monitor Coquinho

Ages: 5 to 13

Saturdays 10:30 a.m.-12 p.m.

June 7-September 30



Drop-In Skating for All Ages!

InLine Skating Safety First

Fee: \$55 includes 3 lessons, 6 hours of instruction, skates, helmet, and all protective gear.

GREGG'S Inline Skate School and Greenlake Community Center Presents:

Progressive skill lessons for all ages TO SAFELY MASTER the basics of Inline Skating. Skills begin with International Inline Skating Association's Primary Skills: Balance/Stance, Edging, Rotary Motion, Pressure Application. Progress to: Stride 1, Heel Stop, A-Frame Turn, Stride 2, Grass Stop, Spin Stop, Parallel Turn. Includes Hydration, Nutrition, Stretching, Warm-up, Cool-down, and Ground Friendly practice. Inline Skating is a Serious Sports Discipline. The goal is SAFETY FIRST and to Provide a knowledgeable foundation upon which YOU CAN BUILD A LIFE-TIME OF HEALTHY FUN.

Requirements:

1. All participants must sign Seattle Parks and Recreation Slip And Informed Consent Form AND GREGG'S Greenlake Rental And Liability Waiver Agreement.
2. Under 18 years of age: Both the participant and the parent /guardian MUST SIGN ALL FORMS.
3. Youth 12 years and under must be accompanied by parent/guardian Parent/guardian have 2 choices: A. Register to take the same class with their youth or child; B. Or be present/observe entire class time.

In case of rain, class will be held indoors

By special arrangement, this COURSE can be made available

Afternoons or Evenings to GROUPS of 4 or more. Call [206] 684-0780.

Instructor: Various

Tue\Thurs 10 a.m.-12 p.m.

July 8-July 15

Saturdays 9:30 a.m.-11:30 a.m.

July 12-July 26

Saturdays 9:30 a.m.-11:30 a.m.

August 2-August 16

Tue\Thurs 10 a.m.-12 p.m.

August 5-August 16



Youth Field Trips

Green Lake's 2nd Annual Summer Slam

Join Green Lake for a fun and fast summer teen program! Everyday we will be doing something new: movies, games, swimming, field trips, outdoor exploration and much more are jammed into each fun filled week. Each week will cost \$50.00 except for week 2, which will be \$40.00. The price includes snacks, transportation, entry to field trips or special events but not lunch unless otherwise noted. Scholarship forms are available but they are limited. Jump in and be ready to roll.



For additional information and/or to sign-up for this program please call Monica Wort, Teen Development Leader at Green Lake Community Center. (206) 684-0780.

Parents Information

Due to the nature of Green Lake's Program (Loads of Field Trips and only one Van) the sign-up is limited to 10 Teens per week. A \$20.00 non -refundable deposit on a week saves your child's spot.

The remaining balance is due on the Friday before that week begins. Packets for sign ups are now available at Green Lake Community Center Front Desk.

Registration begins May 7, 2003 at 1:00 pm. Please have all registration completed at the time of sign-up. Incomplete registration will not be accepted.

All Teens must have a float test for boating. Float test may be taken at Evans Pool for the cost of \$2.25. Public swims are Monday-Saturday 1:30-2:30 pm, Tuesdays, Thursdays, and Fridays 7:00-8:00 pm, and Saturday 3:30-4:30. You must have a long sleeve shirt and long pants (not jeans) to take the test. The test takes about 15 minutes.

All teens must follow a code of conduct to attend the Summer Slam. If any teen is out of compliance we will call parents to either let them know about the behavior or ask that parents come and pick up their teen.

All Field trips are subject to change due to unforeseen circumstances, such as weather and staffing.

Instructor: Monica Wort

Ages: 12 to 17 years old

Location: Green Lake CC 12 p.m.-5 p.m. June 23-August 29

Summer Slam Schedule

Week 1/\$50.00

6/23/03 10:30-4:00 Prudential Youth Leadership
6/24/03 12:00-5:00 Movie and Mall
6/25/03 12:00-5:00 GameWorks, Downtown
6/26/03 11:00-5:00 Wallace Falls

Week 2/\$40.00

6/30/03 Fundraiser Krispy Cream and Car Wash
Teen Swim at Mounser 8-9
7/01/03 Bowling League, Suitcases of Hope
7/02/03 12:00-5:00 Shopping downtown, Pike Place
7/03/03
7/04/03 NO PROGRAM

Week 3/\$50.00

7/07/03 10:30-4:00 Prudential Youth Leadership
7/08/03 Bowling League
7/09/03 12:00-5:00 Whirly Ball
7/10/03 12:00-5:00 Matthews Beach
7/11/03 1:00-5:00 West Seattle Street Fair

Week 4/\$50.00

7/14/03 9:00-6:00 Rock Climbing (Outdoor)
7/15/03 Bowling League, Suitcases of Hope
7/16/03 12:00-5:00 Green Lake Paddle Boats, Movie
7/17/03 12:00-5:00 Seward Beach
7/18/03 1:00-5:00 Bite of Seattle

Week 5/\$50.00

7/21/03 10:30-4:00 Prudential Youth Leadership
7/22/03 Bowling League
7/23/03 9:00-5:00 Wildwaves
7/24/03 Magnuson Beach
7/25/03 1:00-5:00 Central Area Festival and Philly Cheese Steaks

Week 6/\$50.00

Overnight to Birch Bay
This week cost \$50.00. This will include food, transportation and the campsite. Participants will need to provide their own sleeping bag, tents (if they have them) and pillows. Additional information will be provided to those who sign-up for this trip. Teens will be going to a water park on 7/29 so make sure to bring swimming gear.

7/28/03 Birch Bay
7/29/03 Birch Bay
7/30/03 No Program
7/31/03 12:00-6:00 Mariners Games (1:35 start time)
8/01/03 Softball Game and BBQ 3:00-6:00
Free Swim 8:00-9:00

Week 7/\$50.00

Overnight to Camp Kachess
This week cost \$50.00. This will include food, transportation and the campsite. Participants will need to provide their own sleeping bag, tents (if they have them) and pillows. Additional information will be provided to those who sign-up for this trip.

8/04/03 Camp Kachess
8/05/03 Camp Kachess
8/06/03 Camp Kachess
8/07/03 Camp Kachess
8/08/03 No Program

Summer Slam Schedule (continued)

Week 8/\$50.00

8/11/03 10:30-4:00 Prudential Youth Leadership
 Teen Swim Monger Pool 8:00-9:00
 8/12/03 Bowling League, Suitcases of Hope
 8/13/03 12:00-5:00 Alki (Street Fair)
 8/14/03 12:00-5:00 Back to School Shopping North
 Bend
 8/15/03 1:00-5:00 Waterfront, Aquarium

Week 9/\$50.00

Overnight Camping trip to Long Beach for the Kite Festival

This week cost \$50.00. This will include food, transportation and the camp-site. Participants will need to provide their own sleeping bag, tents (if they have them) and pillows. Additional information will be provided to those who sign-up for this trip.

8/18/03 Prudential Youth Leadership
 8/19/03 No Program
 8/20/03 No Program
 8/21/03 Long Beach Kite Festival
 8/22/03 Long Beach Kite Festival
 8/23/03 Long Beach Kite Festival
 8/24/03 Long Beach Kite Festival

Week 10/\$50.00

8/25/03 10:30-4:00 Prudential Youth Leadership
 8/26/03 Bowling League, Suitcases of Hope
 8/27/03 9:00-5:00 Wild Waves
 8/28/03 12:00-5:00 End of Summer BBQ W/Montlake
 8/29/03 12:00-5:00 Langston Hughes Summer Play,
 Nice lunch out Dress Up! Last day of
 Summer Program



Aerobics/Fitness

Body Composition Testing

\$13

Testing helps determine realistic fitness goals for yourself based on percentage of body fat, muscle weight, fat weight, resting metabolic rate and target weight range.

Appointments take only five minutes for detailed report generated from an electronic impedance device. No pinching fat! Prior to testing you must fast four hours and avoid heavy exercise. You may drink water but no caffeine products. The test will be conducted by Sara Graham an exercise physiologist. After registering, staff will call to set up an appointment during the designated time.

Instructor: Sara Graham

Ages: 16+

Wednesdays 5 p.m.-7 p.m.

August 7th



Hatha Yoga AM

50.00

The regular practice of Hatha Yoga postures (asanas) along with breath awareness, results in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine and immune systems. Class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind.

Open to beginners and persons with a working knowledge of the basics. Bring a BLANKET or PAD, bare feet and an empty stomach to class. Suitable for men and women ages 18 to 60. This class is not appropriate for women during pregnancy. (See Prenatal yoga)

Min 6/Max 15 each session

Instructor: Margaret McAndrew

Ages: 18+

Location: Room 3

Tuesdays 10 a.m.-11 a.m.

July 8-July 26

Hatha Yoga PM

PM Yoga 68.00

Instructor: Margaret McAndrew

Ages: 18+

Location: Room 3

Thursdays 7:15 p.m.-8:45 p.m.

July 10-August 28

Prenatal Yoga

\$55.00

A prenatal program for women during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive outlook. Bring a blanket and two pillows to class. Medical authorization required.

Min 4/Max 14

Instructor: Margaret McAndrew

Ages: 18+

Location: Room 3

Thursdays 10 a.m.-11:15 a.m.

July 10-August 14

Tai Chi

Free

Tai Chi is a form of Chinese exercise which uses slow, soft and circular movements to harmonize body and mind. It is often described as "a moving meditation" and a way to achieve health and tranquility. Tai Chi is excellent for balance, relaxation and concentration. Wear loose comfortable clothing.

Instructor: Jim Guidon

Ages: 18+

Location: Game Room or outdoor near Lakeshore, weather permitting

Tuesdays 7 p.m.-8 p.m.

Ongoing



Beginning Pottery for Adults-Thursday

\$150.00

Wheel and hand - building techniques will be taught for the beginning students and those that wish to improve their basic pottery skills. Class fees include three hours per week of instruction by a professional potter, 25 lbs. of clay, kiln and glaze materials and a pass card for the use of the studio during center hours when no other class is scheduled. *(See Note)

Min 8/Max 12

*(Note) The pottery classes is not designed for production work. Enrollment closes after second class.

Instructor: Elizabeth Blaufuss

Ages: Ages:18+

Location: Pottery Studio

Thursdays 6 p.m.-9 p.m.

July 3-September 4,

Beginning Pottery for Adults - Tuesdays

\$150.00

Instructor: Elizabeth Blaufuss

Ages: Ages:18+

Location: Pottery Studio

Tuesdays 6 p.m.-9 p.m.

July 1-September 2

Intermediate Pottery for Adults

\$155.00

Pre-requisite: Two Green Lake Community Center beginning pottery classes or the equivalent of minimum skill level. Class will focus on improving one's skills in either wheel throwing or hand building, good structural design, aesthetics, and exploring in more depth the glazing process. Instruction and hands - on experience in loading the kilns will be covered. Class fee includes three hours per week of instruction by a professional potter, 25 lbs. of clay, kiln and glaze materials and a pass card for the use of the studio during center hours when no other class is scheduled.

*(See Note)

Min 8/Max 12

Instructor: Elizabeth Blaufuss

Ages: 18+

Location: Pottery Studio

Wednesdays 6 p.m.-9 p.m.

July 2-September 3

Athletics



Get In the Game Fitness

This class uses fun activities and childhood games like: Dodgeball, Ultimate Frisbee, Floor Hockey, Nerf Soccer and tag to improve your body composition, develop your physical abilities, and raise your level of cardiovascular endurance and health.

Instructor: Adam Root

Ages: 18+ **Tuesday, Thursday** 6:30 p.m.-7:30 p.m. **June 1-August 31**

Tennis for Adult - Beginning

\$90 per Month

Adults who want to learn tennis for the first time or those who want to brush up on their skills are encouraged to sign up for this class. Instructor Craig Yahne is a member of the United States Tennis Association and professional tennis player. He won the Avanti Championship in 2000 in the singles event. **Students need to provide their own racket and one can of new tennis balls.

May Session: 5/5/03 to 5/28/03

June Session: 6/2/03 to 6/30/03

July Session: 7/2/03 to 7/30/03

August Session: 8/4/03 to 8/27/03

September Session: 9/3/03 to 9/29/03

October Session: 10/1/03 to 10/29/03

Instructor: Craig Yahne

Ages: 18+

Location: Outdoor Tennis Courts

M W 5 p.m.-6:30 p.m.

May 5-October 29

Tennis for Adult - Intermediate

\$90 per Month

Instructor: Craig Yahne

Ages: 18+

Location: Outdoor Tennis Courts

M W 6:30 p.m.-8 p.m.

June 2-June 30



Life Long Learning & Career Development



First-Aid and CPR

\$47.00

Update your First-Aid and CPR certifications. This class meets WISHA and OSHA requirements. Call the American Red Cross at (206) 323-2345 to register.

Location: Game Room

M W 4:30 p.m.-8:30 p.m. **July 28-July 30**

M W 4:30 p.m.-8:30 p.m. **August 25-August 27**

M W 4:30 p.m.-8:30 p.m. **September 22-September 24**

Martial Arts

HAP KI DO

4 Days a week for \$50.00 month

2 Days a week for \$37.00 month

Hapkido is a Korean martial art literally meaning the "way of harmonious energy." Students will be instructed in both offensive and defensive techniques which include kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, as well as learning how to fall, wrestle, and free spar.

Beginners are welcome and can start at any time. Students can attend two classes per week for \$37.00 per month or up to four classes per week for \$50.00 per month.

Gain control of your body and confidence in your ability to defend yourself through the practice of Hapkido.

Min 4//Max 20

Instructor: Bart Turner (1st Degree Black Belt)

Ages: 18+

Location: Room 1

MTWT 6 p.m.-7:30 p.m.

June 5-August 28

Monthly

Karate

\$15.00 per Month

The advanced principles of karate which include breathing control, energy generation, and self healing, in addition to take-downs, joint locks, break aways and other martial techniques. This class uses Goju-Ryu karate as a medium for developing their principles.

Instructor: Boyd & Carol Gittins

Ages: 12+

Location: Room 1

Saturdays 10:30 a.m.-12:30 p.m.
June 7-October 25, Monthly

Shorinji Kempo

\$17.00 Per Month

Shorinji Kempo is a martial art rooted in the life philosophy of Kongo Zen. It integrates 'hard' techniques (kicks, punches, blocks) and 'soft' techniques (break holds, locks, pins, throws), and applies pressure-point techniques to both therapy and self defense. Observers may drop in any time; new participants may start training on the first practice day of each month

Min 4/Max 20

Instructor: Sadato Konoya

Ages: 18+

Location: Room 1

Tuesdays, Thursdays 7:30 p.m.-9 p.m.
June 3-September 30, Monthly

Drop-In Weight Room

Weight Room

\$2.00 per visit/drop-in

Green Lake Community Center has a weight room with a multi-station weight machine. The weight room is used for classes and is also available on a drop-in basis. You must be at least 16 years old to use the weight room. Contact the Community Center for updated drop-in times and information.

Day Time: M-F.....1 pm -8:30 pm

Sat.....10 am - 4:00 pm

Sun.....12 pm - 3:00 pm

Ages: 16 +

Location: Weight Room

SMTWTFS Ongoing

Performing Arts & Dance

Adults/All Ages



Advance Argentine Tango

\$65

This class is for advanced dancer who want to be challenged. Material presented will be taken primarily from tango maestros such as Miguel Zotto, Carlos Gavito, Osvaldo and Lorena, Gustavo and Gisell, Milena Adn Ezequile, etc. However, long difficult sequences will be broken down into component parts in order to focus more on technique and style, and to provide a dance vocabulary that can be used in "social" environment. Dancers will not be asked to change partners in this class, so you should find a partner to enroll with who is suitable for your skill level and temperament.

Instructor: Clayton Nelson & Sue Cole

Ages: 12 +

Location: Room 1

Wednesdays 7:30 p.m.-9 p.m. July 9-August 13

Playspace & Other Drop In Activities

FREE SHOOT

FREE

Come shoot the "J" with your friends. The gymnasium at Green Lake is open for adults to come down and shoot some hoops.

Days: Mon/Tue/Wed/Friday.....1-3:00 pm

Saturdays.....10:00-4:30 pm

Sundays.....12 PM - 4:30 pm

*Free shoot hours subject to cancellation for special program scheduling. January 2002 until March 2002 Saturdays FREE SHOOT is NOT available.

Ages: 18+

Location: Gym

Ongoing

The Teens need Volunteers!!

Green Lake's Teen Program is looking for caring adults who want to share their talent or knowledge with their local teens. Whether it be resume writing, sports, interview skills, arts, snowboarding or anything else, we want you to volunteer!

For more information please call Monica Wort, Teen Development Leader at Green Lake Community Center at (206) 684-0780.

Location: Green Lake CC

March 25-December 28, 2003

InLine Skating Safety First

Fee: \$55 includes 3 lessons, 6 hours of instruction, skates, helmet, and all protective gear.

GREGG'S Inline Skate School and Greenlake Community Center Presents Progressive skill lessons for all ages TO SAFELY MASTER the basics of Inline Skating. Find out more, on Page 10.

Green Lake Complex 19

Seniors

Aerobics/Fitness

Body Conditioning

\$22.00

Instructor: B. Ode

Ages: 55+

Location: Gym

Thursdays 10:45 a.m.-11:45 a.m.

July 10-September 25

PACE

\$22.00

People With Arthritis Can Exercise! Stretching and breathing exercises specifically designed for people with arthritis.

Instructor: C. Rodill

Ages: 55+

Location: Room 1

Tuesdays 10 a.m.-11 a.m.

July 8-September 16

Walking Club

\$5.00

A walking program for all fitness levels; meet as a group to stretch before we set out. All participants set a walking goal which we celebrate after the final walk, with a no-host lunch out.

Instructor: J. McGill

Location: Gym

Wednesdays 11 a.m.-12 p.m.

July 16-August 20

Arts: Visual/Crafts

Walking For Fitness

None

Learn techniques for getting the most out of your walking adventure.

Please pre-register at 206-386-9106.

Ages: 55+

Location: Room 1

11 a.m.-12 p.m. August 13-August 15



Field Trips

Cedar River Watershed

\$6.50

Three hour interpretive journey by bus and by foot into the protected watershed, the source of 70% of the Seattle area's drinking water; see Masonry Dam, Chester Morris Lake, Historic Cedar Falls. Bring a sack lunch.

Payment must be received by five working days prior to trip departure. Make checks payable to "SAAC" and mail to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins on July 3 at 8:00a.m. by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

9:10 a.m.-3 p.m. July 17

Cornwall Park Walk

\$6.50

This quiet refuge in Bellingham has been a park since it was donated in 1909 by the Cornwall family. It is a paved/gravel 1.5 mile path, plus another mile of dirt trails-flat to moderate. Bring a sack lunch.

Payment must be received five working days prior to departure. Checks payable to "SAAC". Mail to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins July 18 at 8:00a.m. by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

8:35 a.m.-3 p.m. August 4

Evergreen State Fair

\$5.50; \$6.00 admission on day of trip (discount coupons available)

Pigs Are Flyin' at the Monroe Fair this year! Don't miss the fun! Lunch on your own.

Payment must be received by five working days before trip departure. Make checks payable to: "SAAC" and mail to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins August 14 at 8:00a.m. by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

August 29

Garden Sandwich

\$5.50

Guided tours of Kubota Gardens in the morning, and the Chinese Gardens on campus of SSSC in the afternoon, with lunch (on your own) in between.

Payment must be received by five working days before trip departure. Make checks payable to "SAAC" and send to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins on July 24 at 8:00a.m. by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

9:10 a.m.-2:15 p.m. August 11



Senior Field Trips (continued)

Mt. Rainier Jaunt

\$10.50

Nisqually Vista Trail at Paradise, 1.2 miles of paved level walk. Enjoy excellent views of Mt. Rainier and the Nisqually Glacier on this walk; visit the Henry M. Jackson Memorial Visitor Center; bring sack lunch or dine at the Grill (on your own). Bring Golden Age Passes.

Payment must be received by five working days prior to trip departure. Make checks payable to "SAAC" and mail to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins August 28 at 8:00AM by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

7:55 a.m.-5 p.m. September 15

North Kitsap Arts Festival

\$10.00

Port Gamble's 44th Annual festival features art, sculpture & photography shows; crafts, entertainment and food booths-all set in this historic town. Includes ferry fees. Lunch on your own.

Payment must be received by five working days prior to trip departure. Make checks payable to "SAAC" and send to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins on July 3 at 8:00AM by calling 206-386-9106.

Instructor: Jayla McGill

Ages: 55+

7:50 a.m.-4:15 p.m. July 25

Seattle Center Line Dancin'

\$3.50

Don those eye-poppin' western duds & we'll mosey on down to the Center House where we'll line dance our socks off; followed by lunch & socializing on your own. Feel free to stay for the live-band senior ballroom dance which follows, from 1:00-3:00p.m.

Send check by July 6th to SAAC, Attn: Linda, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins on June 24 at 8:00AM by calling 206-684-4951.

Instructor: J. McGill

Ages: 55+

9:55 a.m.-2 p.m. July 28

Snoqualmie Falls Forest Theater

\$4.50; plus \$11.00 admission on day of trip

"Only A Farmer's Daughter" presented in a beautiful outdoor setting. Classic vaudeville melodrama where the villain performs his dastardly deeds to marry the farmer's daughter. With music, dance & sing-a-longs. Rent or bring a cushion for seating; dress for the weather.

Payment must be received by five working days prior to trip departure. Make checks payable to "SAAC" and send to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103

Registration begins on August 7 at 8:00AM by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

Daily M-F 1:55 p.m.-6 p.m.

August 24

Vashon Jaunt

\$9.50

On this delightful outing we'll tour the Russian Orthodox Monastery and the Point Robinson Lighthouse; lunch on your own in town; tours & ferry fees included.

Payment must be received by five days prior to trip departure. Make checks payable to "SAAC" and mail to Senior Programs, Attn: Jayla, 8061 Densmore Ave. N, Seattle, 98103.

Registration begins on August 21 at 8:00AM by calling 206-386-9106.

Instructor: J. McGill

Ages: 55+

8:55 a.m.-4 p.m. September 8

Seniors Classes (continued)

First Aid, Health & Safety

Low Vision Help

None

A representative from the field of health will come and show devices that will assist your ability to see better while performing everyday tasks.

Ages: Seniors

Location: Room 1

11 a.m.-12 p.m. July 30-June 30

Martial Arts

Tai Chi (Wu Style)

\$22.00

Fall prevention strategies, improved circulation; slow, gentle, short movements.

Instructor: J. Proebstel

Ages: 55+

Location: Room 1

Wednesdays 10 a.m.-11 a.m.

July 9-September 17

Fall prevention strategies, improved circulation; slow, gentle, short movements.

Fridays 10 a.m.-11 a.m.

July 11-September 19

Science, Nature & The Environment

Helping Hands

Free

An opportunity to give back to our wonderful Seattle Parks. Simple, 1-hour non-strenuous work/socializing. Bring a sack lunch; coffee/treats provided. Van departs Green Lake at 10:15 am. Pre-register at 386-9106.

Please pre-register at 206-386-9106.

Instructor: J. McGill

Ages: 55+

10 a.m.-1 p.m.

July 24-September 4



Evans Pool Summer 2003 Daily Program Schedule/Swim Times

MONDAYS AND WEDNESDAYS

6:00-7:30 AM Early Lap Swim**
 10:00-11:00 Shallow Water Aerobics
 10:00-10:45 Aqua Jogging (Deep)
 11:00-11:30 Tot Lessons
 11:30-12:00 Kinder Lessons
 12:00-1:30 PM Adult & Senior Swim
 1:30-2:45 Public Swim*
 3:00-4:00 Lap Swim (6 lanes)
 4:00-5:30 **Family Swim** (1-3 lanes)
(Parents must accompany children into the water).
 4:00-5:30 Private Lessons
 5:30-6:30 Lap Swim (6 lanes)
 6:30-7:00 Kinder Lessons
 7:00-7:30 Beg. Yth. Lessons
 7:30-8:00 Adv. Yth. & Comp. Strk. Les.
 8:00-8:30 Adult Les./Masters Strk Clinic
 8:30-9:30 Masters (drop in)

TUESDAYS AND THURSDAYS

6:00-7:30 AM Early Lap Swim**
 10:00-11:00 Stretch & Flex (Tu)
 Water Walking (Th)
 10:00-10:45 Hydro-Fit (Deep)
 11:00-11:30 3 year old lessons (Tu)
 11:30-12:00 Adult Lessons (Tu or TH)
 12:00-1:30 PM Adult & Senior Swim
 1:30-2:45 Public Swim*
 3:00-4:00 Lap Swim (6 lanes)
 4:00-4:30 Kinder Lessons
 4:30-5:00 Beginning Yth. Les.
 5:00-5:30 Adv. Yth. and Private Les.
 5:30-6:30 Lap Swim (6 lanes)
 6:30-7:00 Tots/Diving
 7:00-8:00 Public Swim
 8:00-9:00 Water Exercise
 8:00-8:45 Aq J (Tu) /Hydro(Th)
 9:00-10:00 Adult & Senior Swim

FRIDAYS

6:00-7:30 AM Early Lap Swim **
 10:00-11:00 Shallow Water Aerobics
 10:00-10:50 Hydro-Fit (Deep)
 11:00-11:30 Tot Lessons
 11:30-12:00 Kinder Lessons
 12:00-1:30 PM Adult & Senior Swim
 1:30-2:45 Public Swim *
 3:00-4:00 Lap Swim
 4:00-5:30 **Family Swim** (1-3 lanes)
(Parents must accompany children in the water.)
 4:00-5:30 Private Lessons
 5:30-7:00 TGIF Lap Swim (6 lanes)
 7:00-8:00 Public Swim
 8:00-9:00 Free Teen Swim

SATURDAYS

8:30-10:00 AM Lap Swim
 10:00-10:30 Tots & Adv. Yth. Les.
 10:30-11:00 Kinder Lessons
 11:00-11:30 Beg. Yth. Les.
 11:30-12:00 Special Populations Les.
 12:00-1:30 PM Adult & Senior Swim
 1:30-2:30 Public Swim
 2:30-3:00 Special Population Les.
 3:00-3:30 Special Population Les.
 3:30-4:30 Public Swim
 4:30-5:30 Lap Swim
 5:30-9:30 Rentals (Call to Schedule)
 684-4961

SUNDAYS

12:00-8:00 PM Rentals (Call to Schedule)

NOTES:

*Day camps and groups must call to schedule to come to the 1:30-2:45 public swim.

** **Early Morning Lap Swim** requires correct change, check, or swim card for admission.

SAUNA is closed from 7:30-10:00am and at the conclusion of the final swim each night.

Evans Pool closed on July 4 and Labor Day.

Fees And Charges

RECREATION SWIM PRICES

Youth: \$ 2.25
 Adult: \$ 3.25
 Senior Adults: \$ 2.25
 Spec. Pop/ADA: \$ 2.25
 Recreation Swim Card: \$ 20.00
 Adult Fast Pass: \$ 45.00
 Sr./Youth Fast Pass: \$ 35.00
 Children under 1 year old free

 Adult Fitness: \$ 3.75
 Senior Adults: \$ 2.50
 Youth Fitness: \$ 2.50
 A.D.A.: \$ 2.50
 Fitness Swim Ticket: \$ 30.00

"Just a Shower": \$ 2.00

Towel Rental: \$ 0.50

Goggles \$ 5.00

Caps \$2.50/\$8.00

Sauna: \$ 2.50

Hydro-fit Equip. Rental: \$ 1.50

Fees subject to change

F.A.S.T. Pass

Fitness/Recreation Swim Ticket

An unlimited personal monthly pass which allows you to access all fitness and recreational swim programs and pool weight machine. Good at any City Pool!

Adults: \$45.00

Youth, Seniors and Special

Population/ADA \$35.00

BEST VALUE FOR YOUR BUCK!

Swim Lesson Registration Process

SWIM LESSON REGISTRATION:

Current participants may re-enroll the week of June 9-14. Payment must be made at this time to secure placement. There are no holds for spots. We do not currently accept mail -in or phone in registration.

All new participants must have a swimming pre-test to determine appropriate class placement. This may be done for free during any public swim. Please check in at the front desk first.

New enrollees ay sign up at Open Registration. This is a lottery process. It is best to have more than one class time in mind in case your first choice is full.

Summer Open Registration Lottery is Thursday, June 19 @ 6pm.

REFUND POLICY

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to second class session. The pro-rated class fee plus a service charge of \$5.00 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Fall Open Registration Lottery is Tuesday, August 26 @ 6pm.

CLASS TIMES/FEES

Summer Session Dates # of lessons FEES

Monday June 23-August 18	9	\$36.00
Tuesday June 24-August 19	9	\$36.00
Wednesday June 25-August 20	9	\$36.00
Thursday June 26- August 21	9	\$36.00
Friday* June 27-August 22	8	\$32.00
Saturday June 28-August 23	9	\$36.00

ALL CLASSES MEET ONCE A WEEK

*No classes on Friday, July 4, 2003.

Swim Lessons

Learn to Swim

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. Vouchers will be mailed to each 3rd and 4th grader in 2003. For more information on the "Learn to Swim" program, please call Evans Pool @684-4961 or visit the web at www.cityofseattle.net/parks/aquatics/learntoswim/htm.

Ages: 3rd and 4th graders enrolled in Seattle Public Schools

Advanced Youth Lessons

Progressive skill lessons for youths who have completed level IV. They must be comfortable swimming lengths of the pool, have strong flotation and crawl stroke skills, and a good whip kick. Students learn the four major strokes, refine techniques, build strength and endurance and practice water safety skills. **No lessons July 4.**

Mondays 7:30 p.m.-8 p.m. June 23-August 18
Tuesdays 5 p.m.-5:30 p.m. June 24-August 19
Wednesdays 7:30 p.m.-8 p.m. June 23-August 20
Thursdays 5 p.m.-5:30 p.m. June 26-August 21
Saturdays 10 a.m.-10:30 a.m. June 28-August 23

Beginning Youth

Youth lessons are offered in American Red Cross progressive skill levels 1-4. Skills begin with water adjustment and ends with the fundamentals of the 4 major strokes. Water safety and beginning diving skills are also introduced.

Ages: Ages 7 and up

Mondays 7 p.m.-7:30 p.m. June 23-August 18
Tuesdays 4:30 p.m.-5 p.m. June 24-August 19
Wednesdays 7 p.m.-7:30 p.m. June 25-August 20
Thursdays 4:30 p.m.-5 p.m. June 26-July 21
Saturday 11 a.m.-11:30 a.m. June 28-August 23

Beginning Youth Lessons

Youth lessons offered in American Red Cross progressive skill levels 1-4. Skills begin with water adjustment and ends with the 5 major strokes. Water safety skills and diving are also introduced.

Ages: ages 7 and up

Saturdays 11 a.m.-11:30 a.m. June 28-August 23

Competitive Stroke

For advanced Youth level swimmers who are interested in preparing for swim team or just learning competitive swim skills. Must have passed Advanced Youth Level 7. **No lessons July 4.**

Mondays 7:30 p.m.-8 p.m. June 23-August 18

Wednesdays 7:30 p.m.-8 p.m. June 25-August 20

Kinder Lessons

Basic swimming skills are introduced and taught. In progressive levels, K1 and K2 classes cover water adjustment and basic skills for children with no or little swimming experience. K3 and K4 progress to more advanced skills. **No lessons July 4.**

Ages: Ages 4 through 6

Mondays 6:30 p.m.-7 p.m. June 23-August 18

Mondays 11:30 a.m.-12 p.m. June 23-August 2

Tuesdays 4 p.m.-4:30 p.m. June 24-July 19

Wednesdays 11:30 a.m.-12 p.m. June 25-August 20

Wednesdays 6:30 p.m.-7 p.m. June 25-August 20

Thursdays 4 p.m.-4:30 p.m. June 26-August 21

Fridays 11:30 a.m.-12 p.m. June 27-August 22

Saturdays 10:30 a.m.-11 a.m. June 28-August 23



Swim Lessons

Parent Tot Lessons

An introduction to the water for infants and toddlers, ages 8 mo.- 4 years. The instructor teaches the parent how to safely help adjust the child to the water. Basic holds and cue are introduced. Emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. **No lessons July 4.**

Ages: 8 months to 4 years old
Mondays 11 a.m.-11:30 a.m. June 23-August 18
Tuesdays 6:30 p.m.-7 p.m. June 24-August 19
Wednesdays 11 a.m.-11:30 a.m. June 25-August 20
Thursdays 6:30 p.m.-7 p.m. June 26-August 21
Fridays 11 a.m.-11:30 a.m. June 27-August 22
Saturdays 10 a.m.-10:30 a.m. June 28-August 23

Special Population Lessons

One-on-one 30 minute lessons for participants with special needs. Each lesson participant is limited to one 30 minute block. Questions or special concerns can be addressed to Assistant Aquatic Center Coordinator Donna Sammons, at (206)684-4961.

Ages: Ages 4 through 17.
Saturdays 11:30 a.m.-12 p.m. June 23-August 23
Saturdays 2:30 p.m.-3 p.m. June 23-August 23
Saturdays 3 p.m.-3:30 p.m. June 23-August 23

Three Year Old Lessons

\$54.00/9 classes.

Small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety. Maximum ratio 3:1.

Registration: Current participants may re-enroll the last week of lessons. Others may sign up at open registration lottery on June 19. Call 684-4961 to check on space availability prior to lottery.

Pre-requisites: *One session of tots @ Evans Pool. *Child must be comfortable in the water and hanging on pool wall. Should be independent from parents, and be able to follow instructions from teacher.

Tuesdays 11 a.m.-11:30 a.m.
 June 23-August 25

Youth/Teens

Teen Swim

Drop-in. Free.

Ages 13-18. This recreational swim is set aside for teens only. They may enjoy the whole pool, diving board and slide under the supervision of our Lifeguards. (There are no lessons offered at this time). Additional structured teen programs and activities are scheduled at Green Lake Community Center. For more info on the teen programs, call Monica at 684-0780.

Ages: Open to teens 13 to 18.
Must sign in at front desk. Groups of 8 or more must call to schedule.

Youth Summer Swim League

\$75.00/child. Low income scholarships available.

Come join the Evans Pool Summer Swim League. This is a fun opportunity to improve swimming skills and be a part of a swim team. There will be two dual meets, a division meet, and an All-City meet. Youth swim by age group. Practices run 7:45am-9:15am. Must attend 10 workouts before eligible to swim in a meet. The emphasis is on the FUN of swimming!

There will be a parents meeting the first week of practice.

Ages: Ages 7 to 18.

Must be 7 years old by May 15, 2003.

Daily M-F 7:45 a.m.-9:15 a.m. June 23-August 2

Swim Lessons



Summer Family Swim

Summer Family Swim, 4:00-5:30pm, M/W/F. Time set aside for families to swim together. Come take a dip and then enjoy a picnic in the park! Parents or guardians must accompany children into the water. 1-3 lap lanes also available.

Note: Parents or guardians must accompany children into the water. (This is not an appropriate time for day camp visits).

Monday, Wednesday, Friday Weekly
4-5:30p.m. June 23-August 29

Summer Private Swim Lessons

1:1/\$22.00 each class

2:1/\$32.00 each class

Half-hour 1:1 or 2:1 private or semi-private lessons customized to meet individual needs. Sign up in person at the front desk. You may sign up for up to 4 lessons per session. When your lessons for that session are completed, you may sign up for up to 4 more lessons based on availability. Payment required at sign-up.

Summer Privates:

Mondays, Wednesdays, Fridays 4:00pm, 4:30pm, 5:00pm

Tuesdays and Thursdays 5:00pm, 6:30pm

Other times may be available. Call 684-4961 for more information.

Lessons cancelled less than 48 hrs in advance will not be refunded or rescheduled.

Ages: 4 years old and up
June 23-August 23

Adults and Seniors Programs

Adult Lessons Ages 14 and up

Classes for both the non-swimmer and the experienced swimmer. Skills taught begin with basic water adjustment and end with advanced swimming strokes. Instructors make an assessment and tailor the lessons to the needs of the participants. Some optional basic diving skills may be taught.

Tuesdays 11:30 a.m.-12 p.m.
June 23-August 23

Thursdays 11:30 a.m.-12 p.m.
June 23-August 23

Ages: Ages 14 and up

Mondays 8 p.m.-8:30 p.m.
June 23-August 23

Wednesdays 8 p.m.-8:30 p.m.
June 23-August 23

Master Stroke Clinic

This program's primary focus is on individuals who seek to improve their competitive swim strokes and training techniques in a small group setting. Drop/in program, \$4.50 per half-hour session.

Monday, Wednesday Weekly 8 p.m.-8:30 p.m.



Emerald City Open Water Swim

•Start is at 9am sharp

•Andrew's Bay, Lake Washington at Seward Park Beach

•½ Mile and 1 Mile Open Water Swim

•For more information or an entry form

call Medgar Evers Pool at 684-4766 or

email kristen.schuler@seattle.gov or go to

www.cityofseattle.net/parks and select swimming

Water Exercise

Shallow Water Exercise

Drop-in: \$3.75/Adult, 2.50/Senior.

These shallow water work-outs are designed to help improve cardiovascular conditioning as well as increase joint range of motion and flexibility. AM and PM classes vary in intensity. Evening classes tend to be higher impact. Participants are encouraged to work at their own pace.

Tuesday, Thursday Weekly

8 p.m.-9 p.m. June 23-Aug 23

Monday, Wednesday, Friday Weekly

10 a.m.-11 a.m. June 23-Aug 23

Stretch & Flex

Drop-in: \$3.75/Adults, \$2.50/Senior

NEW! "STRETCH AND FLEX" CLASS! A low impact water exercise class designed to compliment our Thursday Water Walking class. The objects of the class are to improve joint range of motion and flexibility, increase muscle strength, and provide opportunities for muscle toning. Some equipment may be used.

This is a shallow water class, no swimming required!

Tuesdays 10 a.m.-11 a.m. June 23-Aug 23

Deep Water Aqua-Jogging

Drop-in: \$3.75/Adult, 2.50/Seniors.

Aqua jogging is a great way to experience the benefits of aerobic exercise without the harmful impact of most land based workouts. Participants wear a float belt to maintain proper body alignment and keep the head above water. Workout consists of suspended deep water running routines augmented by enhanced upper body resistance training. Must be comfortable in deep water.

Tuesday 8 p.m.-8:45 p.m.

Mon,Wed 10 a.m.-10:45 a.m. June 23-Aug 23



Water Walking

Participants move through the water using various steps and movement patterns. The instructor emphasizes improving joint range of motion and flexibility by using the resistance of the water as a fitness tool.

Drop in: \$3.75/Adult, \$2.50 Senior

Thursdays

10 a.m.-11 a.m.

June 23-Aug 23

Hydro-Fit

Drop-in: \$3.75/Adult, 2.50/Senior

Hydro-fit is a 45 minute deep water exercise program which uses ankle floatation equipment for buoyancy and resistance. Hydro-fit workouts are designed to tone, strengthen, build endurance, develop coordination and increase flexibility. Participants must be comfortable in deep water.

T TF 10 a.m.-10:45 a.m.

Thursdays 8 p.m.8:45 p.m. June 23-Aug 23

Masters Workout

Our staff will post a workout ranging from 2,000-3,000 yards. Lanes are arranged for different speeds and swimming abilities. (This is not a coached workout.)

Drop-in: \$3.75/Adult, 2.50/Senior.

Mon, Wed 8:30 p.m.-9:30 p.m. June 23-August 23

COMMUNITY CENTER NUMBERS

Alki 684-7430
Ballard 684-4093
Bitter Lake 684-7524
Delridge 684-7423
Garfield 684-4788
Green Lake 684-0780
Hiawatha 684-7441
High Point 684-7422
Jefferson 684-7481
Langston Hughes
Cultural Arts Center 684-4757
Laurelhurst 684-7529
Loyal Heights 684-4052
Magnolia 386-4235
Meadowbrook 684-7522
Miller 684-4753
Montlake 684-4736
Queen Anne 386-4240
Rainier Beach 386-1925
Rainier 386-1919
Ravenna-Eckstein 684-7534
South Park 684-7451

Southwest 684-7438

Van Asselt 386-1921

Yesler 386-1245

POOL NUMBERS

Ballard 684-4094
Evans 684-4961
Madison 684-4979
Meadowbrook 684-4989
Medgar Evers 684-4766
Queen Anne 386-4282
Rainier Beach 386-1944
Southwest 684-7440
Colman (Summer only) 684-7494
Mounger (Summer only) 684-4708

COMMUNITY CONNECTIONS

Animal Control 386-4254
Aquarium Info. 386-4320
Ballard Little League 789 3288
Ballfield Reservations 684-4082
Bats Northwest 256-0406
Bitter Lake Family Center
386-0172
Bathhouse Theater 524-1300

Compliments/Complaints 684-4837
Green Lake Library 684-7547
Green Lake 2020 781-8886
Green Lake Park Alliance 689-6266
Handicapped Programs 684-4950
Meadowbrook Family Center 366-925
North Central Little League 706-9268
Parking enforcement 625-5011
North-End Cab 363-3333
PAWS 743-3845
Picnic Reservations 684-4081
RUG Youth Baseball 523-8377
Senior Adult Programs 684-4951
Green Lake Boat Rentals 527-0171
Pitch & Putt Golf 632-2280
Small Crafts Center 684-4074
Seattle Tennis Center 684-4764
Wading Pool Hotline 684-7796
Wild Bird Clinic 824-6249
Woodlawn Youth Soccer 632-1930
Yellow Cab 622-6500
Zoo information 684-4800

Budget Closure

Each of Seattle Parks and Recreation's eight indoor swimming pools will close for one week beginning in 2003 due to City of Seattle budget cuts. In 2003 the one-week closure will, through savings in staff and utility costs, help the Department absorb a \$5 million budget cut.

We will be unable to provide pool services during a pool's closure, including recreation swimming, competitive swim practices, rental and public school use. Intermittent pool staff will not be scheduled for work. Regular permanent staff will be relocated to vacancies within the Parks system or may take earned vacation time.

We have made every effort to schedule the "budget closure" for each pool at a low-use period of the year, when outdoor pools are open, or following an already planned preventive maintenance closure. The closures are staggered throughout the year so that swimmers can al-

ways find alternate locations.

The City's budget for 2003 has been adopted. Because of a \$63 million shortfall in General Fund revenues, Seattle Parks and Recreation must absorb \$5 million in reductions, and some user fees will go up. For swimming pools, the adopted budget includes for 2003 the slightly higher fees we proposed for 2004. For the complete list of fees, please visit our website at www.cityofseattle.net/parks, and under "2003-2004 Budget," click on "Fees and Charges."



REGISTRATION Information PHONE 206.684.0780**HOW TO REGISTER:**

1. Complete a registration form.
2. Obtain required signatures.
3. Registration from one session to the next is not automatic nor are openings in a particular class guaranteed.
4. Senior Citizen Discount of \$.80/hour class, available to adults ages 65 and older.
5. See Page 3 of this brochure for Refund, Class Cancellation, Waiting List, and related information.
6. We do not confirm class registration by mail or phone, but will notify you by phone if your class is postponed or cancelled.

Register Early!

Walk-in and mail in registrations accepted through June 4th, 2003 for spring registration. After June 4th, phone in registrations will also be accepted. **Please make checks payable to Green Lake Advisory Council.**

Walk in or mail in registration to:
Green Lake Community Center
7201 East Green Lake Dr N, Seattle, WA 98115
phone: (206)684-0780
fax: (206)684-0881

REGISTRATION FORM

ADULT NAME (Last) _____ (First) _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE (h)(____) _____ (w)(____) _____ (Emergency)(____) _____

ASSUMPTION OF RISK AND RELEASE FORM: In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

PARTICIPANT'S NAME Last First		PARTICIPANT'S SIGNATURE**	Birth Date	EO*	Sex	Class	Fee	OFFICE USE ONLY
Total								

****All participants must sign. If under 18, parent must sign.**

***ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation.
A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other.

Complete the following information if paying by credit card:

Type(circle): Visa Master Card AmExpress

Card Number / Expiration Date: _____

Participant Signature: _____

GREEN LAKE PARK ALLIANCE:

Green Lake Park, the most popular park in the state of Washington, experiences a lot of pressure from various user groups. While the Seattle Department of Parks and Recreation does an admirable job of using limited resources to keep the Park available to everybody, the Park is in desperate need of support. The Green Lake Park Alliance is a new volunteer organization of people who wish to contribute to the well-being of Green Lake Park, in close cooperation with the Seattle Department of Parks and Recreation. We are dedicated to creating a symbiosis between plants, wildlife and human users of the park. We advocate sensible and cooperative solutions to issues related to the park. The Alliance has two broad goals: the first is to link volunteers with volunteer opportunities, and to develop a master plan for the park. To reach the Green Lake Park Alliance for information on activities or to volunteer, call the Voice Mail system at (206) 985-9235. Our comprehensive pamphlet, *The Trees of Green Lake*, is available at the Community Center for a suggested donation of \$1.00.



GREEN LAKE ADVISORY

COUNCIL. The Green Lake Advisory Council (GLAC) is our neighborhood organization that provides an opportunity to

come together to make the entire area a great place to live, work, visit and play. Our goals are to foster a greater sense of community among all who live, work and play here; to work with governmental agencies so that their policies and actions enhance the quality of life at Green Lake; to

provide a place for information to be shared and discussed in ways that will include all members of our community; to find ways to contribute to the community character by encouraging activities that preserve the quality of the park and neighborhood; to cooperate with other community councils and organizations in working for improvement of the quality of life in the City of Seattle and its environment. The GLAC meets every month on the second Tuesday of the month at Green Lake Community Center. The meeting space is ADA accessible.

Are you interested in getting involved? We need new members! Please contact Marlan Teeters or Steve Vela if interested 684-0780 or 684-4961.

RENT THE CENTER

Meeting Room #1, Meeting Room #3 with kitchen, and the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, and potluck event with us. For more information, please call (206)684-0780.

RENT THE POOL

You can rent Evans Pool on Saturday evenings or Sunday afternoons for your next birthday party or celebration.

Amenities include a water slide, one meter diving board, and a dry sauna.

The standard rental is for 1 hour in the pool followed by 1 hour deck time for festivities and snacks. The event is staffed with certified lifeguards. Call 684-4961 for details.



Green Lake Complex
7201 East Green Lake Drive North
Seattle, WA 98115
(206) 684-0780

PRESORTED STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT #900



Visit us at www.seattle.gov/parks